



Virtual Chair Yoga

January 2021

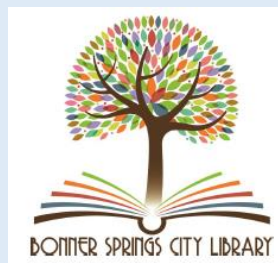
Fridays

Chair yoga is back... virtually!!! Please join us on ZOOM for this gentle yoga practice from the comfort of a chair. Grab your favorite chair and get ready to stretch, breathe, and meditate.

Dates: January 8, 15, 22, and 29

Time: 1:00 PM to 2:00 PM

Please email awong@bonnerlibrary.org for the ZOOM link.



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